

# AUGUST 2016 RIDE CALENDAR

## WEDNESDAY EVENING PIZZA BURRITO RIDES.

Our popular Pizza Rides continue! Join Robin and Tim O'Hara on Wednesday evenings in August for an early evening ride, returning before dark to feast on Mexican food. There will be multiple routes to choose from.

The location for August will be the Chipotle Mexican Grill at 34893 Newark Blvd. in Newark. Bring cash and expect to eat about 7:30 pm. The rides meet at 6:00 pm for sign in, to be completed by 6:10. **Departure time is 6:15 sharp.**

### Pizza Ride Leader Reservation List:

**August:** Robin and Tim O'Hara from the Chipotle Grill in Newark  
**September:** TBD (usually only the first 2 weeks)

You can volunteer to lead a month of Pizza Rides anytime by contacting the [Ride Coordinator](#). See the [Pizza Ride Coordinator's "How To" Guide](#) on the FFBC website for more information about leading one.

### FFBC RIDE CLASSIFICATION

Ride leaders are encouraged to maintain their ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

### MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for August are available at: [http://www.ffbc.org/html/start\\_locations.html](http://www.ffbc.org/html/start_locations.html).

### THANK YOU TO ALL THE AUGUST RIDE LEADERS

Please check to make sure the rides you submitted are listed correctly. If there is an error in the listing below, please contact the ride coordinator at <mailto:ridecoordinator@ffbc.org> pronto.

Also, many thanks to the 30+ folks who attended the Ride Leader Recognition Pizza Party on July 17<sup>th</sup>, at which about two dozen of our fantastic ride leaders of 2016 were honored.

### LOOKING AHEAD:

Palomares Road will soon undergo a construction project from August through October and will be closed to through traffic, including cyclists. Please note the changes made to the Tuesday rides that regularly traverse Palomares Road.

In addition, Calaveras Road will be closed to through traffic on weekdays for the foreseeable future. It will be open to cyclists and motor vehicles on weekends.

## 1st Week in August

### Mon August 1, 8:30 AM

#### Monday Morning Recovery Ride

40 miles, 1-2 (610'), M

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back

close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Dave Epps; [depps55@gmail.com](mailto:depps55@gmail.com); Home - 510-487-5288  
Cell - 510-552-2615**

### Tue August 2 8:30 AM

#### Tour de Fremont Hills

29 miles, 3 (~1,900'), M, B

**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**B: Vanessa McDonnell; [vanessa@mcnmc.com](mailto:vanessa@mcnmc.com); (510) 517-1466**

**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

### Tue August 2 9:00 AM

#### Show & Go

20-50 miles, 1-5, L-T-M

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

### Tue August 2 6:15 PM

#### TuNT (Tuesday Night Training)

90 minutes, 3, M - F

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh; [pksingh.d700@gmail.com](mailto:pksingh.d700@gmail.com)**

**West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)**

### Wed August 3 8:30 AM

#### Mid-week Morning Ride

35-45 miles, 2-3, M-B

**Start location: the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

**Al Quintana; [alang44@hotmail.com](mailto:alang44@hotmail.com); (510) 760-9245**

**Wed August 3 6:00 PM**

**Pizza Ride**

**20-25 miles, M,B**

**Start:** Chipotle Mexican Grill, 34893 Newark Blvd, Newark (near the Raley's shopping center @ Jarvis and Newark Blvd)

It's Burrito Ride time for a change! What could be better than a mid-week bike ride followed by delicious Mexican food and the good company of other club members?

For details about how our these rides work please see the full description at the top of the ride schedule.

**Robin and Tim O'Hara;** [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669

**Wed August 3 6:15 PM**

**WNT (Wednesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location:** Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

**Garry Birch;** [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247

**Thu August 4, 8:30AM**

**REI to Alum Rock**

**37 miles, 2-3, T-M**

**Start location:** REI, Fremont

An old, NEW start. We are returning to our "old" start at REI to shorten the ride for summer. Unfortunately, since REI isn't open at 8:30 you may need to use the facilities as Starbucks or wait until we reach Jose Adobe. We will ride along the foothills and once we get into the park, there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita. If you are a slow climber, but want to do the extra climbing, please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee on your own. We will have lunch at Noah's

Bagels/Starbucks (\$) before heading back on a mostly flat route, with no regroup. Extreme temperatures, park closure, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.

**Lori Sommer;** [lorinsommer@gmail.com](mailto:lorinsommer@gmail.com); (510) 693-8624 –C

**Thu August 4 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location:** Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

**Chris Menicou;** [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511

**Fri August 5 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location:** 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**Al Quintana;** [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat August 6 8:30 AM**

**Calaveras Clockwise**

**40 miles, 3, M & B**

**Start location:** downtown Niles parking lot across from H St on Niles Blvd.

This is our traditional "1st Saturday of the Month" ride. We will meet in the Nile parking lot and ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.

**M: Davis Quan;** [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245

**B: TBD: No ride leader at press time.**

**Sat August 6 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, B**

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun August 7 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, M-B**

**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

## 2nd Week in August

**Mon August 8, 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location:** Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Davis Quan;** [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245

**Tue August 9 8:30 AM**

**Tour de (South) Fremont Hills**

**30-40 miles, 3-4 (Plenty'), M-B**

**Start location:** Old Mission Park, Pine St. @ Ibero Way, Fremont

Palomares, one of our favorite hills, is closed until the end of October, necessitating a change in our Tuesday Hills schedule. This month we're changing the start of the ride on the 2nd, 4th and 5th Tuesdays to Old Mission Park so we can ride some of the hills south of Fremont. There are plenty of good hills to

choose from - Calaveras (to the closure), Old Calaveras, Felter (with or without Marsh), Sierra, Sweigert, Suncrest, Country Club. Did I mention Sierra? We'll choose a different set of hills each week depending on how sadistic the ride leaders are feeling on the morning :-). There will of course be a coffee stop cos' all good rides have a coffee stop. Rain cancels (you never know!). The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**B: Jay Gilson;** [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 -C, (510) 790-3564 -H

**M: Amy Giles;** [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829

**Tue August 8 9:00 AM**

**Show & Go**

**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue August 9 6:15 PM**

**TuNT (Tuesday Night Training)**

**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh;** [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com)

**West Kurihara;** [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)

**Wed August 10 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

**Al Quintana;** [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Wed August 10 6:00 PM**

**Pizza Ride**

**20-25 miles, M,B**

**Start: Chipotle Mexican Grill, 34893 Newark Blvd, Newark (near the Raley's shopping center @ Jarvis and Newark Blvd)**

It's Burrito Ride time for a change! What could be better than a mid-week bike ride followed by delicious Mexican food and the good company of other club members?

For details about how our these rides work please see the full description at the top of the ride schedule.

**Robin and Tim O'Hara;** [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669

**Wed August 10 6:15 PM**

**WNT (Wednesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

**Garry Birch;** [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247

**Thu August 11, 9:00AM**

**Thursday Morning Coffee Ride across the Dumbarton Bridge**

**25-35 miles, 2-3, T-M**

**Start location: Visitor Center, Don Edwards Wildlife Refuge**

This ride starts at the Don Edwards Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call! me!

**Lori Sommer;** [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com); (510) 693-8624 -C

**Thu August 11 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

**Chris Menicou;** [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511

**Fri August 12 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**Al Quintana;** [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245

**Sat August 13, 8:30 AM**

**Saturday Tour de Fremont Hills**

**30 miles, 3 (2,100'), M**

**NEW START LOCATION: Fremont Central Park Teen Center parking lot; enter from Sailway Drive off Paseo Padre Parkway; Teen Center lot is on the left and is signed. The address: 39770 Paseo Padre Parkway, Fremont, CA 94538.**

Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend and join us for a few of Fremont's finest hills. We'll warm up crossing Fremont before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peet's with a well-deserved coffee. Rain or threat of rain cancels the ride.

**M: Julie Gilson;** [Jmgilson1@yahoo.com](mailto:Jmgilson1@yahoo.com); 510-468-0284

**Sat August 13 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**  
**Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.**

**Sun August 14 9:00 AM**  
**"The Sunday Social": the ride formerly known as the "Get to Know Us Ride"**  
**20-25 miles, 1-2, L-T-M**  
**Start location: Warm Springs Starbucks, 46655 Mission Blvd., Fremont**

Please join us on this monthly "Sunday Social". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it.

**Julia Walker;** [walk9422@gmail.com](mailto:walk9422@gmail.com); 510-468-9712

**Sun August 14 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, M-B**  
**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

### 3rd Week in August

**Mon August 15, 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**  
**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Davis Quan;** [davisquanh50@yahoo.com](mailto:davisquanh50@yahoo.com); (510) 386-3245

**Tue August 16, 8:30 AM**  
**Tour de Fremont Hills**  
**29 miles, 3 (~1,900'), M, B**  
**Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail**

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning

of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).  
**B: Jay Gilson;** [jaymgilson@gmail.com](mailto:jaymgilson@gmail.com); (510) 468-0285 –C, (510) 790-3564 –H  
**M: Amy Giles;** [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829

**Tue August 16 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T-M**  
**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue August 16 6:15 PM**  
**TuNT (Tuesday Night Training)**  
**90 minutes, 3, M - F**  
**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**  
Club members of all levels and abilities are welcome to join the race team for hill-climb training. Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.  
**Prashant Singh;** [pksingh.d700@gmail.com](mailto:pksingh.d700@gmail.com)  
**West Kurihara;** [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)

**Wed August 17 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**  
**Start location: the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**  
Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.  
**Al Quintana;** [alang44@hotmail.com](mailto:alang44@hotmail.com); (510) 760-9245

**Wed August 17 6:00 PM**  
**Pizza Ride**  
**20-25 miles, M,B**  
**Start: Chipotle Mexican Grill, 34893 Newark Blvd, Newark (near the Raley's shopping center @ Jarvis and Newark Blvd)**  
It's Burrito Ride time for a change! What could be better than a mid-week bike ride followed by delicious Mexican food and the good company of other club members?  
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**Robin and Tim O'Hara;** [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669

**Wed August 17 6:15 PM**  
**WNT (Wednesday Night Training)**  
**60-90 minutes, 1, M-B-F**  
**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.**  
This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.  
**Garry Birch;** [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247

**Thu August 18, 8:30AM**

**Thursday Morning Coffee Ride From Endless Cycles**

**20-30 miles, 3-4, T-M**

**Start location: Endless Cycles, 20825 Nunes Avenue, Castro Valley**

This ride starts at Endless Cycles, 20825 Nunes Avenue, Castro Valley (across from the Jack In The Box and the B of A parking lot, near T Kane's Kung Foo/Karate Martial Arts School). Park on the street or in the B of A parking lot and bring your bike through the alley/gate to the back patio. Jeff will open the shop early so we can use the restroom and maybe even enjoy some Starbucks coffee before we head take off. Buy a last minute item or check out the large showroom, repair shop, kitchen, back patio, meeting space, vintage bike museum, and the new bike fit area while we sign in. We will choose our route based on the weather. We may climb Cull Canyon and Dublin Grade (with a Schaefer Ranch option) or Cull Canyon, Procter Hill and some of Redwood Road, or Procter Hill and Redwood Road all the way to Pinehurst or Cull Canyon and Eden Canyon. We may do a flatter ride and head over to Alameda via Lake Chabot Road. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check yahoo group, email or call me.

**Lori Sommer (510) 693-8624 cell [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Thu August 18 6:15 PM**

**TNT (Thursday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

**Chris Menicou; [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511**

**Fri August 19 8:30 AM**

**The Friday Bike Club**

**35-45 miles, 3-4, M-B**

**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat August 20 8:30 AM**

**Portola Loop**

**30 miles, 3, T-M**

**Start location: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).**

Monthly club ride over the Dumbarton Bridge, quiet neighborhood side streets of Palo Alto, Roberts Market for snacks, and cruise back downhill. No drop ride with regroup. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff.

**TBD: No ride leader at press time.**

**Sat August 20 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, B**

**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

**Sun August 21, 8:30AM**

**Alum Rock**

**34 miles, 2-3 (1215'), T-M**

**Start location: REI Fremont**

Join us for a ride down to beautiful Alum Rock Park. This perennial club favorite winds it's way along the foothills to San Jose. Once in the park we'll re-group at the Visitor's Center and then take the paved trail behind it up to Inspiration Point. On our way back we'll stop for coffee so bring money for a snack.

Extreme temperatures, park closure, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me. Map is available at:

<https://ridewithgps.com/routes/12297655>

**Julia Walker; (510) 468-9712; [walk9422@gmail.com](mailto:walk9422@gmail.com)**

**Sun August 21 8:30 AM**

**Show & Go**

**20-50 miles, 2-4, M-B**

**Start location: downtown Niles parking lot across from H St on Niles Blvd.**

## 4th Week in August

**Mon August 22, 8:30 AM**

**Monday Morning Recovery Ride**

**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Linda Fung; [fungfive@sbcglobal.net](mailto:fungfive@sbcglobal.net); (510) 240-0574**

**Tue Aug 23, 8:30AM**

**Tour de (South) Fremont Hills**

**30-40 miles, 3-4 (Plenty'), M-B**

**Start location: Old Mission Park, Pine St. @ Ibero Way, Fremont**

Palomares, one of our favorite hills, is closed until the end of October, necessitating a change in our Tuesday Hills schedule.

This month we're changing the start of the ride on the 2nd, 4th and 5th Tuesdays to Old Mission Park so we can ride some of the hills south of Fremont. There are plenty of good hills to choose from - Calaveras (to the closure), Old Calaveras, Felter (with or without Marsh), Sierra, Sweigert, Suncrest, Country Club. Did I mention Sierra? We'll choose a different set of hills each week depending on how sadistic the ride leaders are feeling on the morning :-). There will of course be a coffee stop cos' all good rides have a coffee stop. Rain cancels (you never know!). The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**B: Vanessa McDonnell; [vanessa.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue August 23 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T-M**  
**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue August 23 6:15 PM**  
**TuNT (Tuesday Night Training)**  
**90 minutes, 3, M - F**  
**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**  
Club members of all levels and abilities are welcome to join the race team for hill-climb training.  
Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.  
**Prashant Singh; [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com)**  
**West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)**

**Wed August 24 8:30 AM**  
**Mid-week Morning Ride**  
**35-45 miles, 2-3, M-B**  
**Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.**  
We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed August 24 6:00 PM**  
**Pizza Ride**  
**20-25 miles, M,B**  
**Start: Chipotle Mexican Grill, 34893 Newark Blvd, Newark (near the Raley's shopping center @ Jarvis and Newark Blvd)**  
It's Burrito Ride time for a change! What could be better than a mid-week bike ride followed by delicious Mexican food and the good company of other club members?  
For details about how our these rides work please see the full description at the top of the ride schedule.  
**Robin and Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669**

**Wed August 24 6:15 PM**  
**WNT (Wednesday Night Training)**  
**60-90 minutes, 1, M-B-F**  
**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.  
This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.  
**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247**

**Thu Aug 25, 8:30AM**  
**Thursday Morning Coffee Ride to the Corner Bakery via Kilkare, Happy Valley and Bernal Bump**  
**30 miles, 3 (1700'), T-M**  
**Start location: gravel lot across from the Sunol Train Station**  
We will meet at the gravel lot and ride Kilkare out and back. Our route will then head up Foothill to ride Happy Valley, out to the golf course, return to Happy Valley and continue up the Bernal Bump and past Stanley. There are some options if you want to skip some or most of the climbing and meet us at the Corner Bakery in Pleasanton. Bring \$. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo group, email or call me.  
**Lori Sommer (510) 693-8624 cell [lorimsommer@gmail.com](mailto:lorimsommer@gmail.com)**

**Thu August 25 August 6:15 PM**  
**TNT (Thursday Night Training)**  
**60-90 minutes, 1, M-B-F**  
**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard.** Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.  
Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work. When dark, lights required. Helmets are mandatory.  
**Chris Menicou; [cmenicou@sbcglobal.net](mailto:cmenicou@sbcglobal.net); (510) 406-5511**

**Fri August 26 8:30 AM**  
**The Friday Bike Club**  
**35-45 miles, 3-4, M-B**  
**Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).**  
Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.  
**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Sat August 27, 8:30 AM**  
**Calaveras CCW**  
**38 miles, 3-4, M**  
**Start location: Downtown Niles parking lot across from H St.** Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at: <http://ridewithgps.com/routes/3945502>  
Coffee at the end of the ride at Peet's in Fremont.  
**Alan Cookson; [alannjc@yahoo.com](mailto:alannjc@yahoo.com); 908-240-7739**

**Sat August 27 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, B**  
**Start location: downtown Niles parking lot across from H St on Niles Blvd.**

**Sun August 28 8:30 AM**  
**Show & Go**  
**20-50 miles, 2-4, M-B**  
**Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

## 5th Week in August

**Mon August 29, 8:30 AM**  
**Monday Morning Recovery Ride**  
**40 miles, 1-2 (610'), M**

**Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)**

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

**Linda Fung; [fungfive@sbcglobal.net](mailto:fungfive@sbcglobal.net); (510) 240-0574**

**Tue Aug 30, 8:30AM**  
**Tour de (South) Fremont Hills**  
**30-40 miles, 3-4 (Plenty'), M-B**

**Start location: Old Mission Park, Pine St. @ Ibero Way, Fremont**

Palomares, one of our favorite hills, is closed until the end of October, necessitating a change in our Tuesday Hills schedule. This month we're changing the start of the ride on the 2nd, 4th and 5th Tuesdays to Old Mission Park so we can ride some of the hills south of Fremont. There are plenty of good hills to choose from - Calaveras (to the closure), Old Calaveras, Felter (with or without Marsh), Sierra, Sweigert, Suncrest, Country Club. Did I mention Sierra? We'll choose a different set of hills each week depending on how sadistic the ride leaders are feeling on the morning :-). There will of course be a coffee stop cos' all good rides have a coffee stop. Rain cancels (you never know!). The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

**B: Vanessa McDonnell; [vanessa.mcdonnell@gmail.com](mailto:vanessa.mcdonnell@gmail.com); (510) 517-1466**

**M: Amy Giles; [apgiles@sbcglobal.net](mailto:apgiles@sbcglobal.net); (510) 224-0829**

**Tue August 30 9:00 AM**  
**Show & Go**  
**20-50 miles, 1-5, L-T-M**

**Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.**

**Tue August 30 6:15 PM**  
**TuNT (Tuesday Night Training)**  
**90 minutes, 3, M - F**

**Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538**

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

**Prashant Singh; [psingh.d700@gmail.com](mailto:psingh.d700@gmail.com)**

**West Kurihara; [wkurihara@yahoo.com](mailto:wkurihara@yahoo.com)**

**Wed August 31 8:30 AM**

**Mid-week Morning Ride**

**35-45 miles, 2-3, M-B**

**Start location: the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).**

Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

**Al Quintana; [alanq44@hotmail.com](mailto:alanq44@hotmail.com); (510) 760-9245**

**Wed August 31 6:00 PM**

**Pizza Ride**

**20-25 miles, M,B**

**Start: Chipotle Mexican Grill, 34893 Newark Blvd, Newark (near the Raley's shopping center @ Jarvis and Newark Blvd)**

It's Burrito Ride time for a change! What could be better than a mid-week bike ride followed by delicious Mexican food and the good company of other club members?

For details about how our these rides work please see the full description at the top of the ride schedule.

**Robin and Tim O'Hara; [tohara2938@aol.com](mailto:tohara2938@aol.com); (510) 418-2669**

**Wed August 31 6:15 PM**

**WNT (Wednesday Night Training)**

**60-90 minutes, 1, M-B-F**

**Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.**

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

**Garry Birch; [garry\\_b94568@yahoo.com](mailto:garry_b94568@yahoo.com); (925) 819-0247**